

ANNUAL
NARRATIVE-REPORT

for
GILA COUNTY
ARIZONA

December 1, 1948 to November 30, 1949

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Home Demonstration Agent

PREFACE

The following Narrative Report is a summary of the Agent's activities in Gila County for the year of 1948-1949. A total of thirty-six (36) days were spent in the county this year. Thirty and one-half ($30\frac{1}{2}$) days were devoted to adult work and six and one-half ($6\frac{1}{2}$) days to the 4-H Club Work.

The Agent wishes to take this opportunity to thank all National, State and County Extension Workers who have given their most valuable aid and assistance throughout the year.

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OUTLOOK

The outlook for the Home Demonstration Program in Gila County is divided. Pine, Payson, and the Tonto Basin are enthusiastic and in most cases co-operate relatively well in the Home Demonstration Program. The majority of them sincerely try to adopt and follow many of the new, recommended methods of doing things. However, the agent feels that the time spent in Pleasant Valley is not too well spent. These people attend meetings very poorly and in many many cases do not make any use whatsoever of the information given. In the majority of the cases their attitude is "The way that I'm doing was good enough for my parents and their parents and it's good enough for me." The agent realizes that these are the people who most need the assistance of the Agricultural Extension Service and, therefore, has made a determined effort to take the material to them and to get them to follow it.

The attitude of these people reflects the inaccessability of their homes throughout the years. This community is and always has been very isolated. This isolation, lack of money, and opportunity naturally causes the majority of the young people to leave home as soon as possible. Thus, the community has very little opportunity to grow in either size or ideas and it has grown more and more into itself.

The 4-H Clubs organized in the Pleasant Valley community have a very difficult time. Each parent is interested only in what her own child is doing. Very little effort is made to assist other club members and their leader.

Last year the Indian boys at San Carlos organized a livestock and garden club. This year (1949-1950) the girls are organizing home economics clubs.

There were several requests this fall(late) for a home demonstration club to be formed at Roosevelt. Nothing will be done in this connection until next spring since the agent will not be in the county again until April or May. These women are anxious for the newer Home Economics information and practices to be brought them.

The electricity which was established in the Pine and Payson area last year has been supplemented this year with public telephones. Previously telephones in this area had been Forest Service and except in cases of extreme emergency could not be used by anyone else. Payson has also become a functioning member of the Civil Aeronautic Patrol. So with their electricity, telephones, and aeroplanes they are beginning to consider themselves a real and functioning part of the state and county.

ORGANIZATION

AND

PLANNING

The first annual Tri-County (Yavapai, Coconino and Gila) Home Demonstration Program Planning Meeting was held in Cottonwood, Arizona August, 1949. Since this agent has all three counties it was felt by both the agent and the State Home Demonstration Leader that their program must, of necessity, be closely correlated. Although the problems of these three counties are not absolutely identical, they vary no more than do the problems within each county. 42 County representatives of Homemakers Clubs, LDS groups, Womens' Clubs, and Extension Staff were present. Gila County sent four representatives from Pine and written recommendations from Payson and Pleasant Valley.

According to the State Home Demonstration Leader the Homemakers in this group are the youngest in the state. This fact alone is that it is proof that we are reaching and working through the young people in the community, those who are and will be the community leaders for a long time. It is also indicative of changing homemaking and agree culture practices in that it is much easier to get a young person to adopt new ideas than it is an older person. After the average person has, we'll say, washed dishes left handed for 30 years, the practice is so ingrained in her way of life that it is almost impossible for her to change, even if she wants to.

Aims and/or goals for the General Home Demonstration program were set up by this cross section group. They are:

1. To create and maintain local libraries in each community.
2. To build a better rural home and community life.
3. To build a wholesome rural life through homemaking experiences.
4. To establish rapid, nominal cost telephone communication between doctors and the remote areas where medical service is not available.
5. To help people be aware of the part they can play in making their community a wholesome and attractive place in which to live, with adequate facilities for education, recreation, social and spiritual guidance.

Aims 1 and 4 being the most tangible are the ones from which the agent feels the most constructive and demonstratable results will be obtained. Gila County has the greatest need for the rapid telephone service. It's really a worthwhile aim for them to undertake. However, with these women, leaders in their communities working towards building a wholesome rural life through improved homemaking experiences this agent feels that the more in-tangible desired results will also be gained.

As always happens at Home Demonstration Planning Meetings the requests for specific subject matter to be covered in the following year would take

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PLANNING

(Con't.)

about five years to cover. The following are the recommendations of the various groups for project study and work in 1949-1950:

1. Home Management Group

- a. Field of better buying practices
 - (1) Guide to Wise buying (Family Budgets)
- b. Field of Housing
 - (1) Kitchens - working surface, finish, height, size, etc. (Kitchen Planning)
- c. Field of Home Furnishings
 - (1) Furniture repair
 - (2) Lighting
 - (3) Windows
 - (4) Picture arrangement
 - (5) Rug making
- d. Field of family money - budgets

2. Clothing Group

- a. Home construction of clothing
 - (1) Fitting
 - (2) Making comfortable house dresses
- b. Study of new textiles
- c. Maintenance of the health of the family through selection of proper clothing.
 - (1) Selection of clothing for the individual of your family.
 - (2) Posture and its effect on how you look
 - (3) Selection of colors that are becoming to the individual

3. Foods Group

- a. Home Freezing
 - (1) Buymanship of boxes (sizes & types)
 - (2) Techniques
- b. More milk in your meals
 - (1) Basic recipes

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(Con't.)

Foods Group (con't.)

- c. Safe and unsafe economy in food
- d. Eating for health in later life (Sept. 1949)

4. Health Group

- a. What to do before the doctor comes
 - (1) First aid
- b. Problems in teen-age recreation
- c. Sanitation laws
 - (1) Educate the community
- d. Care of the feet
- e. Study the health status of each county and/or community

The committee composed of the chairmen of the Nutrition and Clothing groups and the Agent met in October and decided upon the specific problems which would be studied in the year 1949-1950. They are:

1. Field of Housing - Kitchens, working surface, finish, height, size Etc. (Kitching Planning) 3 months
2. Fitting and Making comfortable house dresses - 3 months
3. Posture and its effect on how you look. To be combined with reports on result demonstrations "Weight Control." 1 month.
4. Home freezing - Buymanship of boxes -(sizes, types etc.) 1 month
5. Problems of the teen age recreation - 1 month

At the present time the agent is actively working and co-operating with on LDS group, 2 womens' club groups, one community group and the San Carlos Indian School. In 1949-1950 plans are under way for the agent to work with the Homemakers of Roosevelt.

Three representatives from Gila County attended Country Life Conference at Tucson this year. Next year ladies from Pine and Payson have definitely promised themselves (so they say) that no matter what comes up they are going to attend.

CLOTHING

AND

TEXTILES

Sewing Machines

No sewing machine clinics were held in Gila County this year. However, follow up work was done on four sewing machines. Three of the women had attended the Sewing Machine Clinics held in 1948 and were having difficulties with their machines skipping stitches. The agent assisted them with the re-adjustments necessary. The other homemaker had been unable to attend the clinic but with the assistance of two of the ladies who had been present she cleaned and adjusted her machine. Her problem was that she wanted the agent to check and be sure that all adjustments were satisfactorially made.

Altering Ready to Wear

Thirty-one women attended four meetings on "Altering Ready to Wear." In the Tonto Basin the chief alteration problem was "Riding Pants." Three pairs were completely altered at the meetings. The women in these remote communities are forced to buy the majority of their clothing from mail order houses so they naturally have a great many alteration problems. However, the majority of them do carefully study the description labeling (in the catalogues) before purchasing. Mail Order houses are doing a very satisfactory job of descriptive labeling, undoubtedly they have found that this saves them many dollars in the long run. The majority of the examples of garments with grain lines off were home constructed. In many cases these women have tried to save money by buying less material for the garment than is required. Then by "slipping the pattern a little here and a little there" they are able to get the garment out of the material which they have. The fact that the skirt and /or sleeves did not fit right was then considered the fault of the pattern and not their fault. The agent emphasized the importance of the grain line of the material in both ready-made and home constructed clothing. One "beautiful" example of the pattern not being on the true grain line was brought to the meeting at Pine. This skirt had 4 seams. Each seam was laid on the material and cut (by the homemaker) so that a bias and a straight edge came together. Undoubtedly in some instances the pattern had been turned wrong side out, also. Nothing could be done about this particular garment but it did serve as a good illustration of what not to do or buy.

Making Home Construction of Clothing Easier

Thirty-nine women attended 4 meetings on "Making Home Construction of Clothing Easier." It was interesting to note the reaction which all of the women had to the use of the tracing wheel and dress makers carbon. None of them had ever seen or used this simple device for marking and all were anxious to obtain one for themselves. Thirty-six women later reported that they did obtain and use this marking wheel. They were exceptionally pleased with its results.

CLOTHING

AND

TEXTILES

(Con't.)

Home Construction of Clothing (Con't.)

The idea of trimming the facing seams was a more or less new idea to the majority of these women and was well accepted. Most of the women find it difficult to make the large (5/8") seams which most patterns today call for. Most of them had seam gauges in their sewing machine attachment boxes but none of them had known what they were or how they were to be used.

Thirty of the women reported that they had paid more attention to grain line not only in cutting but in sewing and pressing. They found from actual experience that bias skirts "really" did hang better if they were ironed with the grain rather than "just any old way."

Until these meetings on alteration and rapid sewing the agent had not realized how much clothing construction assistance these women needed. Luckily at the Program Planning Meeting "Fitting and Making of Comfortable House Dresses" was selected as the clothing problem for 1949-1950. The agent feels that through this actual clothing construction problem that the women will be better equipped to meet the problems of constructing their family clothes.

NUTRITION

AND

HEALTH

Food Preservation and Storage

No pressure canner clinics nor freezer locker schools were held in Gila County this year. However, the agent discussed problems of home freezing and canning with individuals in home visits and also as a part of all summer meetings. Numerous bulletins especially on freezing were given out upon request. Two pressure canners were tested. Both had been tested before but both were off 2# and new gauges were recommended. These two particular homemakers do a great deal of home canning of both meats and vegetables and the agent felt that for safety new gauges should be purchased.

The community of Payson had a serious set back in their freezing this year. The locker plant closed on July 1, 1949 and all frozen foods had to be used up before that time. Many berries and other fruits had already been frozen for their winter supply but without the locker plant they could not be saved except by eating or canning them. This, of course, made double work plus a severe disappointment for all of the homemakers.

A survey sheet was sent to fifteen homemakers whom the agent had assisted with various canning and freezing problems. Six were returned. The tabulated results are:

Fruits

Frozen	Quarts	68	Canned	Quarts	1169
	Pints	26		Pints	684

Vegetables

Frozen	Quarts	50	Canned	Quarts	398
	Pints	88		Pints	334

Meats

Frozen	Pounds	1150	Canned	#2 Cans	87
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Those who do the largest amount of food preservation in the county and those whom the agent assisted most did not return their check sheets.

FOOD SELECTION AND PREPARATION

Pressure Sauce Pan Cookery

Thirty-two women from Pine and Payson attended two demonstrations on

NUTRITION

AND

HEALTH

FOOD SELECTION AND PREPARATION

Pressure Sauce Pan Cookery (Con't.)

"Ways with the Pressure Sauce Pan." Eight women reported the purchase of pressure sauce pans after these demonstrations. All of the women reported that they have been able to use their pressure sauce pans for a much larger variety of foods than they had previously considered possible. Its use for steamed breads and custard was the most novel. They are beginning to use their pressure sauce pans for more and more dishes. One lady from Payson whose husband was very ill with stomach ulcers reported that cooking a custard in the pressure sauce pan was of invaluable assistance to her. All women reported that they had used their pressure sauce pans for a larger variety of vegetables and cheaper (tough) cuts of meats since the demonstration.

In these demonstrations the agent made the fruited lamb shanks as an example of combination dishes which could be made in the pressure sauce pan. The ladies said that they didn't know when there had been a piece of lamb in Payson or Pine before. So----while this was a treat for them it was not a practical dish. However, several of the women planned to and did make a combination dish with ham, pineapple and rice. Very good results were reported.

HOUSE FURNISHING

AND

SURROUNDINGS

Use of Color and Room Decoration

Thirty-seven women attended three meetings on use of color and room decoration. According to the report sent in by the Payson women, "All members benefited from this meeting and considered it one of the most interesting ever held at Payson."

The agent was especially interested in the reaction of the women to the dark walls in contrast to the age old custom of having light walls. One lady in Pine had become very tired of the light (white) walls and determined to change the color. Although she did not make them extremely dark she did use a grey-blue wall paint. This was striking with the grey-blue floral rug and mahogany furniture. Another home which was being re-decorated had the kitchen done in tulip yellow and green. A third color, orchid, was suggested for in the kitchen. This problem was very nicely used and brought in the use of the triad colors.

Aside from specific problems in room decoration the homemakers as a whole benefited greatly from their re-acquaintance with the color and color charts. This has not only helped them with plans for interior decoration but has helped them to plan theirs and their families clothing and meals, color is as important in food and clothing as it is in any phase of life. In assisting the homemaker with any specific problem it always seems to this agent that the more use which can be made of that lesson the more desirable and worthwhile is that lesson.

The bulletin "The Finish Counts" has been quite popular. Several homemakers in Pine and Payson are very interested in antiques. This bulletin on wood finishes has been of great assistance to them.

HOME MANAGEMENT

AND

FAMILY ECONOMICS

Principles of Work Simplification

Fifty homemakers attended four meetings on the principle of work simplification. Even more important than the specific problem of ironing a shirt was the principle involved. A great deal of stress was put on the points of: (1) Keeping an open and receptive mind as regards new methods and practices (2) Analysing the problem or the job to be done (3) Trying the new method decided upon several times with various modifications before accepting or re-jecting it.

In Pine, Payson and the Tonto Basin the agent feels that some progress was made. Several women had their husbands make them the wide ironing board. These women have found the wide ironing board a life saver for doing a large percentage of their ironing. Then too a good share of the time 7-8% of the women in these areas wear shirts so their shirt ironing is really a problem.

The women had many examples of work simplification to offer the group as whole. One woman gave an interesting example of how we do not keep an open mind. It seems that she brought a pastry blender for her sister a number of years ago and her sister refused to use it because "She always had and always would mix her pie crust and biscuits with her hands." However, several years later she happened to use the blender for a large quantity of pie crust which she has to make and was very pleased with the results. "She just couldn't understand why she'd never used it before."

The women of Pleasant Valley did not feel that they would every like or ever use much of the information given. Their trouble is that they cannot keep an open mind. It is too difficult for even the majority of the younger women to change their ways of doing things.

MISCELLANEOUS

Fairs

The agent assisted at both the Pine-Payson Fair and the Pleasant Valley Fair this year. About 250 people attended these fairs. Exhibits at the Pine-Payson fair were much superior to those at the Pleasant Valley Fair. The majority of the jellies and jams were molded and soured at the pleasant Valley Fair. This is probably because very few of the women sealed their jars with wax and in addition their storage facilities are very poor. Storage space is definitely a problem in this area. Very few have good, clean, dry, cool storage spaces.

SUMMARY

The agent spent a total of thirty-six (36) days in Gila County this year. Work was done in the fields of:

1. Clothing and Textiles
 - a. Altering ready to Wear
 - b. Making home construction of clothing easier
 - c. Adjustments of sewing machine
2. House Furnishing and Surroundings
 - a. Use of Color and Room Decoration
 - (1) Sample rooms
3. Home Management
 - a. Principles of Work Simplification
4. Food Preservation and Storage
 - a. Use of Pressure Canners
 - b. Use of Home Freezers
5. Food Selection and Preparation
 - a. Use of the Pressure Sauce Pan